



## Trousdale County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Trousdale County School System.

### CSH Infrastructure Established

An infrastructure for CSH has been developed for the Trousdale County School System that includes:

- School Health Advisory Committee
- Three Healthy School Teams
- School Health Policies were strengthened or approved
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$725,713.00.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Trousdale County Health Council                               | ➤ Three Star Program                         |
| ➤ Trousdale County Health Department                            | ➤ UT Extension Service                       |
| ➤ Trousdale County Government                                   | ➤ Hartsville Convalescent Center             |
| ➤ Trousdale County Anti-Drug Coalition                          | ➤ Trousdale Assisted Living                  |
| ➤ Hartsville/Trousdale County Chamber of Commerce               | ➤ Mid-Cumberland Community Action Agency     |
| ➤ Trousdale County Youth and Community Fair                     | ➤ Meals-on-Wheels                            |
| ➤ Trousdale Medical Center (and Sumner Regional Health Systems) | ➤ Trousdale Senior Citizen Center            |
| ➤ Tennessee Technology Center @ Hartsville                      | ➤ Legal Aid of Middle Tennessee              |
| ➤ Mid-Cumberland Head Start / Early Head Start                  | ➤ Trousdale Bank and Trust                   |
| ➤ Leadership Trousdale  | ➤ Citizens Bank                              |
| ➤ Trousdale   | ➤ Hartsville United Methodist Church         |
| ➤ R.E.A.D.S. (Governor's Imagination Library)                   | ➤ TennderCare                                |
|   | ➤ Trousdale County Farm Services Agency      |
|   | ➤ Tennessee School Health Coalition          |
|   | ➤ Suicide Prevention Task Force              |
|   | ➤ Hartsville United Methodist Women          |
|   | ➤ Hartsville Rotary Club                     |
|   | ➤ Hartsville/Trousdale Community Help Center |
|   | ➤ Church of the Firstborn                    |

## **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities. These activities include School Health Advisory Council, Healthy School Teams, Olweus Bullying Prevention Program, food backpack program, Turkey Trot, Field Day, ING Music City Kids Marathon, Get Healthy Hartsville, Heart of Tennessee 5K/Fun Run, Trousdale County Fair Events (Sponsored/co-Sponsored by CSH) including Health Fair & Cancer Survivors Luncheon, Great American Smokeout, Heart Month-Wear Red Friday, Colon Cancer Awareness (Ask Me Why I'm Blue), and Kindergarten Roundup. Currently, 900+ parents are collaborating with CSH.

Students have been engaged in CSH activities that include EUDL Retreat for 4<sup>th</sup> and 5<sup>th</sup> graders, Afterschool Academy Student Mentors, P3 program, high school health initiatives including breast cancer awareness, Bode Strong, and the Penny Race, Health Rocks training with UT Extension for 2<sup>nd</sup>-5<sup>th</sup> graders.

Student participation in Health related extra-curricular activities included walking program- 600 students, Music City ING Kids Rock Marathon-74 students, Turkey Trot- walking/running program-650 students, Afterschool Academy -124 students, Healthy School Teams-11 students, Child Health Week-600 students, and EUDL grant participants-540 students. Approximately 497 students are partnering with CSH to address school health issues.

## **School Health Interventions**

Since CSH has been active in the Trousdale County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 602 students being screened and 351 being referred during the 2010-2011 school year;

Students have been seen by a school nurse and returned to class – 6,561 visits to the school nurse in 2008-2009 with 93% (6,121 students) being returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In 2007-2008, 49% of students surveyed were in the Overweight/Obese Categories, with 20.3% overweight and 28.7% in the obese category. In 2010-2011, 47% of students surveyed were in the Overweight/Obese Categories, with 19% overweight and 28% in the obese category;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Michigan Model health curriculum for all schools, Dance, Dance Revolution sets for the elementary and middle schools, a walking tract at the elementary school, and a new state of the art fitness room at the high school;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include attendance at conferences such as TAHPERD (TN Association of

Health, Physical Education, Recreation, and Dance), Tennessee School Health Coalition, and the Great Bodies, Healthy Minds Conferences.

School faculty and staff have received support for their own well-being through the CSH supervisor providing monthly newsletters for all staff on relevant health topics. Among information included this fall is “Stroke Safety”, “Smoking”, and “Holiday Stress Prevention”. Each edition also includes GetFitTN information and healthy recipes. All staff received free hepatitis B and flu shots and release time to have the shot (given by the local Health Department). Each school had awareness information provided to them and participated in health campaigns such as the Great American Smokeout, Go Red for Women, and Wear Blue Day. Staff participated in the free health screenings that were held at all three schools. Staff participated in Get Healthy Hartsville with several of the overall winners being school system employees, and received training on dealing with special health conditions such as Food Allergies and Asthma. All three schools had teams for the Heart of Tennessee 5K Run/Walk, and all three schools had a team for the annual Relay for Life.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – applying for and receiving grants such as those offered by the Tennessee Department of Health (Project Diabetes) and Tennessee Commission on Children and Youth (EUDL Grant), purchasing the Michigan Model health curriculum and other materials for health education, advocating with policy makers about the need for additional health education, and providing additional training for teachers;
- Physical Education/Physical Activity Interventions – purchasing equipment and materials to enhance physical education, providing training for teachers, advocating for additional physical education time/courses, Providing teachers with additional resources for physical activity within the classroom (Take 10!), and assisting with special projects like the Kid’s Rock Marathon and the Heart of Tennessee 5K;
- Nutrition Interventions – providing a Registered Dietician to work with nutrition staff, providing nutrition materials and supplies to teachers, promoting nutrition education with parents (newsletters, stories), promoting improvement of the cafeteria atmosphere, providing nutrition information for healthy class parties, and working with a partner to provide the Food Back Pack Program;
- Mental Health/Behavioral Health Interventions – enhancing mental health procedures, applying for grants to increase mental health services, working with mental health partners like Cumberland Mental Health and Centerstone to develop MOU’s and programs, and bringing the Olweus Bullying Prevention Program to the Trousdale County School System.

In such a short time, CSH in the Trousdale County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

Kathy Atwood  
615-374-0907